

Abstract

A cold-mixed pie crust comprises flour, water, and a frozen oil/fat system as its major constituents. The frozen oil/fat system is a frozen long-chain, naturally occurring oil having at least sixteen carbon atoms; and is chosen from the group consisting of canola oil, flaxseed oil, sunflower oil, corn oil, olive oil, soybean oil, peanut oil, cottonseed oil, safflower oil, and palm oil, and mixtures and combinations thereof. A method of making the cold-mixed pie crust mixture comprises the steps of (a) cooling a naturally occurring long-chain oil having at least sixteen carbon atoms to a freezing temperature in the range of +5 ° C to -35 ° C, so as to obtain a frozen oil/fat system; (b) cooling water to a temperature in the range of 0 ° C to +15 ° C; and (c) mixing flour, cooled water, and the frozen oil/fat system to form a cold-mixed pie crust mixture.